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The north Edmonton scene of a teenage girl's death remains cordoned off with homicide investigators interviewing witnesses in what could be the city's 14th murder. LUCY HAINES/FOR METRO

# Teen girl dies after 'violent' injuries: Cops

**Northside.** Police are calling the death of 16-year-old girl in the wee hours following Canada Day a 'tragic set of circumstances'

An Edmonton teen is dead following an incident on the city's northside early Monday.

Edmonton police were called to a home in the area of 127 Avenue and 125 Street at about 4:45 a.m. Monday, and officers found a girl in medical distress with "violent" injuries.

The teen was treated by EMS at the scene and the taken to hospital where she died shortly after, according to police.

Edmonton Police said they are interviewing several witnesses, including family members, but charges have yet to be laid. EPS Acting Inspector Malcolm Allan said a cause of death is yet to be released, but added, "this may end up being a tragic set of circumstances."

Allan did say the injuries were "of a violent nature."

Neighbour Theresa Swain said her two teenaged sons were partying with a person who went across the street after he was ushered from their

home around 2:30 a.m.

She believed that same person was handcuffed and escorted from the neighbour's home by police early in the morning.

Swain said she considers the neighbourhood safe, and hasn't seen police in the area for any reason in the few months she has lived there.

Homicide detectives continued to speak to neighbours Monday, and EPS was holding the scene until investigators finished gathering evidence from the home. If police determine this death to be a homicide, it will be the 14th of 2012.

LUCY HAINES/FOR METRO

## Aid workers safe and sound

Two Canadians among the four people kidnapped at gunpoint in Kenya PAGE 6

## Chasing God

Physicists are poised to announce strong evidence of the 'God particle' that explains the makeup of the universe PAGE 8

## Who will have custody of Suri?

Katie Holmes reportedly does not want her daughter raised a Scientologist PAGE 19

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Six people stricken

## Overdose drug undetermined, police say

Edmonton police continue to investigate after one person died and five others were taken to hospital on Sunday after apparent drug overdoses.

Police say they were called to a condominium in the city's northwest shortly after 4 p.m. to find six people who appeared to be suffering from overdoses.

PMMA ecstasy and bath salts have been in the news recently, with the latter having been the cause of several Alberta deaths this year.

Two people taken to hospital were still believed to be in serious condition. The others have been stabilized.

Police said they don't know what drug the people took.

THE CANADIAN PRESS

Head-on collision

## Fort Saskatchewan crash under investigation

RCMP in Fort Saskatchewan are still trying to piece together the cause of a crash northeast of Edmonton on Sunday that killed one person.

Police are asking the public for help in determining the circumstances surrounding the head-on wreck, which happened at about 11:30 a.m. at Highway 37 and Highway 825.

The driver of a white 1995 Dodge Ram was killed in the collision. Police said alcohol was not a factor, but they haven't ruled out speed or distracted driving.

Anyone with information is asked to call police at 780-992-6100.

METRO



Some of the regulars who call "the Commy" their home away from home are Allyn, from left, Kevin Sisk, Nigel Gale, Ken, Elizabeth Zaragoza and Sigmund Stadnyk. Sisk and Ken have been watching the world go by at the Commercial Hotel, glass in hand, for 40 years. LUCY HAINES/FOR METRO

# Beer and blues always on tap at the Commercial

**Century.** Whyte Avenue institution 'the Commy' is 100 years old this weekend

LUCY HAINES  
Edmonton@metronews.ca

Call it the Commercial, the Commy, Blues on Whyte: The longtime watering hole and renowned venue for blues music is 100 years old this weekend, and the old girl plans to party.

The brick hotel, which takes up a good chunk of Whyte Avenue between 103

and 104 streets, has been called a biker bar. She's worn and rough around the edges, but her spruced-up front facade, pots of flowers, striking black awnings and new windows tell another story: This is one old gal who is well loved and cared for.

Just ask Dr. Kevin Sisk, who has been warming a seat at the Commercial for some 40 years. Sisk, 61, points to where the shuffleboard table used to be, and recalls how five bucks used to pay for enough glasses of beer to cover the small round table. But it's mostly the music and people that make the Commercial a special place, he said.

"Long ago, the owner decided this place should be a showcase for blues. I love it here. It's home, and the staff treat me well," said Sisk, who tends to avoid busy Saturday nights when Whyte Avenue revellers are out in force.

General manager Michael Purcell said the hotel is booked solid on weekends, when "people go out dining, shopping and strolling in Old Strathcona, basically enjoying the entire avenue."

Centennial festivities this Sunday include a pancake breakfast, street performers and vendors' tables, as well as beer gardens and two stages featuring 10 bands and non-stop music.

Blues on Whyte

- The vintage neon sign was erected in the 1920s, and continues to be a landmark.
- Sinks and wooden banisters are from the early 20th century. Rooms for about 100 guests continue to see renovations.
- Blues on Whyte promotes local blues artists, afternoon jams and offers live music seven days a week.

# 1 NEWS

Cast your vote

## Don't sweat it: A case for 'Made in Canada'

Domestic manufacturing is in long-term decline in Canada, but some Canadian companies have found a way not only to survive, but also to thrive: A "Made in Canada" label. Hear the case for and against Canadian manufacturing from two business owners, and cast your vote at metronews.ca.

Mobile news



**Next Media Animation, which first leapt to the world's attention with a cartoon version of Elin Nordegren going after Tiger Woods with a golf club, has just released a one-minute film illustrating BlackBerry maker RIM's troubles. Scan the code to watch the video and read the full story.**

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## Parliament of World Religions. City may make bid for religious gathering

City council will be asked Wednesday to give its blessing to a \$50,000 study into making a bid on the Parliament of World Religions.

The Parliament of World Religions, first held in 1893, is described as a celebration of the traditions of the world's religions.

The event, held every five years, draws from 8,000 to 10,000 visitors from 90 to 100 countries.

### Budget

**\$6.7M**

The last parliament, in Melbourne in 2009, had a budget of \$6.7 million.

Council will be asked to make a decision on a bid based on the feasibility study.

METRO

## Safety coalition. Fireworks sellers lit up over laws

How was your Canada Day? Quiet?

That's the way fire safety authorities like it, but the people who sell you fireworks would rather than you had a blast — just a safe one.

To that end, the people who sell fireworks in Alberta have established the Fireworks Safety Coalition of Alberta, "which is more concerned with the safe use of fireworks than the sale of fireworks," said Mike Boire of the organization.

The fireworks group wants

people to safely enjoy fireworks, but only purchase them through a retailer who is a "registered and trained professional."

People who sell fireworks are worried that they might get squeezed out when the province revises its fire code. Boire thinks fireworks get a bum rap.

"Using your car can kill, using your ATV can kill. That's not what we want people to think. We want them to think safety first."

MAURICE TOUGAS/METRO

# Historically accurate, right down to a cactus

**Restoration.** City landmark a nearly perfect replica



MAURICE TOUGAS  
[maurice.tougas@metronews.ca](mailto:maurice.tougas@metronews.ca)

When visitors walked into the Alexander Rutherford home at Fort Edmonton Park this Canada Day weekend, they saw a house that more closely resembled the original than ever before — right down to the Christmas cactus.

Christmas cactus? It seems that the family of Alberta's first premier preferred a cactus to the traditional tree, and the folks at Fort Edmonton aren't ones to mess with history.

The house was moved to Fort Edmonton in 1968 and restored by 1980. But it wasn't entirely historically accurate.

"It was done with the best that could be done with the resources available," said Monica Roberts from Fort Edmonton Park.

In January, it was decided to improve upon the historical accuracy of the building. Using

### Loved Edmonton

Alexander Rutherford was the first premier of Alberta from 1905-10.

- His government chose Edmonton over Calgary as the capital.
- He also chose Edmonton as the site for Alberta's first university, the U of A.

original condition reports, the house has been restored to as close to the original as possible, right down to as close a match as they could find to the wallpaper. A number of personal belongings of the Rutherford family have been added to the house. Using archival photographs, they have completely redone the front parlour.

"We're most proud of the parlour," Roberts said. "We feel we've gotten it the most right.... Mrs. Rutherford would be pleased to entertain here."

Mrs. Rutherford used to publicly advertise that she would be home for tea, and invite anyone over.



Historical interpreter Brianna, who didn't give her last name, plays a maid in the Rutherford House and is seen here dusting one of the original works of art that hung in the Rutherford home. MAURICE TOUGAS/METRO

### Friend recalls incident

## Calgary shooting victim was 'the nicest guy'

At first, Steven Tran thought the popping noise was coming from the music blaring at his restaurant.

Then he saw two hooded men at the front door, firearms in their outstretched hands.

"Everybody started screaming — it was chaos," he said Monday.

The shooting around 2 a.m. Sunday at Calgary's

Basil Ultimate Pho and Fine Vietnamese Cuisine claimed the life of Tran's good friend, 37-year-old postal worker Mike Du.

While Calgary police believe the attack was targeted, Tran said Du was simply sitting in the wrong place at the wrong time, directly behind the person he believes was targeted.

"I think they missed or something and it hit Mike," he said.

"They took off, I ran over and saw three people laying on the ground.... Mike's white shirt was covered in red blood."

Tran had been hosting an after-hours birthday party for a friend. Three other guests were also injured, two critically.

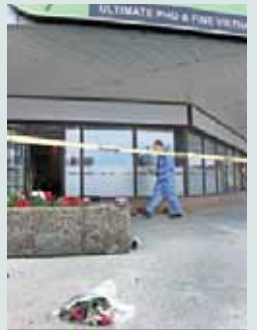
Police Insp. Paul Stacey said investigators hope to allow Tran back into Basil by mid-week.

"We are going to hold the scene until we conduct an autopsy," he said.

Shock still evident in his voice Monday, Tran recounted some of the things he enjoyed most about Du.

"It's tough to describe really," he said. "He was the nicest guy around."

JEREMY NOLAIS/METRO CALGARY



A forensics investigator walks past a bouquet of flowers and into Basil Ultimate Pho and Fine Vietnamese Cuisine Monday. JEREMY NOLAIS/METRO



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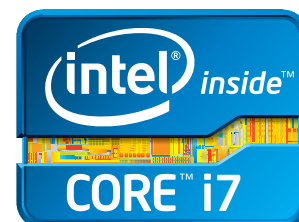
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# Kidnapped aid workers brought to safety after dangerous rescue

**Ambushed.** Two Canadians among workers' convoy attacked by gunmen

Four aid workers, including two Canadians, kidnapped at gunpoint from Kenya's largest refugee camp arrived back in Kenya's capital aboard a military helicopter on Monday after a pro-government Somali militia group rescued the four inside Somalia.

"We are alive and we are happy this has ended," Qurat-Ul-Ain Sadazai of Gatineau, Que., one of the Canadian workers, said after the group landed in Nairobi.

The four workers from the Norwegian Refugee Council smiled and waved after stepping out of the helicopter.

Among them was Steven Dennis of Toronto, the agency's head of operations in Kenya's

## Fateful decision?

- A Kenyan police commander said the aid group originally arranged to have armed security but that the group cancelled the security arrangements at the last minute.

sprawling Dadaab refugee camp.

Sadazai and Dennis, along with Astrid Sehl, 33, and Glenn Costes, 40, were lucky to be alive. Their Kenyan driver, Abdi Ali, was killed when four gunmen attacked their two-vehicle convoy on Friday.

A representative with the Ras Kamboni militia in Somalia said his group heard of Friday's attack and pursued the kidnappers. Ras Kamboni fighters caught up with the gunmen on Monday morning, about 60 kilometres inside Somalia.

THE ASSOCIATED PRESS



Released aid workers, from left, Qurat-Ul-Ain Sadazai, 38, a Quebec citizen of Pakistani origin; Glenn Costes of the Philippines, 40; Steven Dennis of Toronto, 37; and Astrid Sehl of Norway, 33, arrive in Nairobi, Kenya, on Monday. SAYYID AZIM/THE ASSOCIATED PRESS

## Quebec City. Harper interrupted by protester



Prime Minister Stephen Harper in Quebec. JACQUES BOISSINOT/THE CANADIAN PRESS

A speech by Stephen Harper was briefly interrupted Monday when a shouting protester approached the stage at an international conference in Quebec City.

As the prime minister addressed a world forum on the French language, the man walked to the front of the large room and delivered a message of his own.

"Stop Harper, stop Jean Charest," the protester yelled.

"Citizens rise up. We need you, everybody."

The interruption lasted only a few seconds before the man was grabbed by security.

His rant earned him a muffled applause from some of the attendees inside the Quebec City conference centre.

Quebec provincial police later indicated that the man, in his 30s, was released and will not face charges.

THE CANADIAN PRESS

## Dismemberment case

### Found remains could be linked to Magnotta

Montreal police are investigating whether remains found in a city park are linked to alleged killer Luka Rocco Magnotta.

A police source told The Associated Press the remains appear to be a human head.

Magnotta, 29, is accused

of the murder and dismemberment of Concordia University student Jun Lin. He has pleaded not guilty and has opted for a trial in front of a jury.

Lin's head has still not been found.

Montreal police spokeswoman Anie Lemieux says tests will be run on the remains to determine if they are in fact body parts, and whether they're related to the Magnotta case.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

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# U.S. East Coast still reeling

**Storm damages.** After suffering through sweltering weekend, millions must cope with transportation delays, difficulties

A weekend without electricity was already trying for millions in the sweltering, storm-swept U.S. mid-Atlantic region. But Monday morning brought another challenge when many embarked on a difficult commute over roads with darkened stoplights and mass-transit delays.

To alleviate congestion around Baltimore and Washington, federal and state officials gave many workers the option of staying home Monday. Federal agencies

were open in Washington, but non-emergency employees had the option of taking leave or working from home. Maryland's governor also gave state workers leeway for staying out of the office.

There were more than 500 signal outages in Maryland on Sunday afternoon, including more than 400 in hard-hit Montgomery County outside the nation's capital, according to the State Highway Administration. There were 100 signal outages in northern Virginia late Sunday afternoon, and 65 roads were closed, although most were secondary roads.

"If you have to drive or need to drive, leave yourself a lot of extra time," Maryland Highway Administration spokesman Charlie Gischlar said. "There's going to be delays." **THE ASSOCIATED PRESS**



U.S. Postal Service letter carrier Giovanni Alvarez delivers mail on Monday to a house damaged by an uprooted tree after a storm in Washington, D.C. Severe weather that hit the U.S. mid-Atlantic region on Friday has been blamed for at least 17 deaths, most from trees falling on homes and cars. EVAN VUCCI/THE ASSOCIATED PRESS

## Floods ravage India's northeast



A family rows past their house in India's Assam state Monday after monsoons left much of the area deeply flooded. ANUPAM NATH/THE ASSOCIATED PRESS

The worst monsoon floods in a decade to hit a remote northeastern Indian state have killed more than 80 people and forced around 2 million to leave their homes, officials said Monday.

Nearly half a million people are living in relief camps that have been set up across Assam state, Prime Minister Manmohan Singh told journalists in Gauhati, Assam's capital. The rest of the 2 million displaced have moved in with relatives or are living in the open, sheltering under tarpaulin sheets.

Assam officials say 81 people have been killed over

the past four days. Most of them were swept away when the mighty Brahmaputra River overflowed its banks and flooded villages. Sixteen people were buried in landslides triggered by the rains.

At least 11 people were missing in six districts, the state disaster management agency said in its bulletin.

Air force helicopters were dropping food packets and drinking water to marooned people, Singh said after surveying the flood-hit districts.

Army soldiers used boats to rescue villagers from rooftops of flooded homes.

**THE ASSOCIATED PRESS**

### Syria

#### Exiled opposition urged to unite

The head of the Arab League urged Syria's exiled opposition to unite Monday, saying they must overcome their differences as Western efforts to force President Bashar Assad from power all but collapse.

But more than one year into the Syrian revolt, the opposition is still hobbled by the infighting and fractiousness that have prevented the movement from gaining the kind of political traction it needs to present a credible alternative to Assad.

**THE ASSOCIATED PRESS**

### Timbuktu, Mali

#### Muslim fanatics destroying city

Muslim extremists continued destroying the heritage of the ancient Malian city of Timbuktu on Monday, razing tombs and attacking the gate of a 600-year-old mosque, despite growing international outcry.

The International Criminal Court has described the destruction of the city's patrimony as a possible war crime, while UNESCO's committee on world heritage was holding a special session this week to address the pillaging of the site.

**THE ASSOCIATED PRESS**

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# Scientists to make case for existence of 'God particle'

**Higgs boson particle.** Presentation of findings comes with not-so-modest promise of helping explain how universe works

Scientists believe the "God particle," which might explain the underpinnings of the universe, is real and they are about to present their evidence to the world.

Working at the world's biggest atom smasher on the Swiss-French border, they plan to announce Wednesday that they have gathered enough evidence to show that the long-sought "God particle" answering fundamental questions about the universe almost certainly does exist.

But after decades of work and billions of dollars spent, researchers at the European



This wall painting shows the apparatus searching for the Higgs boson particle at CERN in Geneva. THE ASSOCIATED PRESS

Organization for Nuclear Research, or CERN, aren't quite ready to say they've "discovered" the particle.

The discovery of the Higgs boson won't change people's lives, but will help explain

how the universe works.

It would confirm the standard model of physics that explains why fundamental particles have mass. Those particles are the building blocks of the universe. Mass is a trait that combines with gravity to give an object weight.

The phrase "God particle," coined by Nobel Prize-winning physicist Leon Lederman, is used by laymen more as an explanation for how the wonders of the subatomic universe work than how it all started.

Experts familiar with the research at CERN's vast complex say that the massive data they have obtained will essentially show the footprint of the key particle known as the Higgs boson — all but proving it exists — but doesn't allow them to say it has actually been glimpsed. Two teams of physicists present their work Wednesday. THE ASSOCIATED PRESS



## Charles checks out Cornwall

Prince Charles looks at postcards on sale during a visit to Heartlands Community Regeneration Project in Truro, southwest England, on Monday. The Prince of Wales is celebrating 60 years as the Duke of Cornwall. CHRIS JACKSON/THE ASSOCIATED PRESS

## Necrotizing fasciitis

### Flesh-eating disease victim out of hospital

An American woman with a rare, flesh-eating disease left hospital Monday after nearly two months and headed to an inpatient rehabilitation clinic.

There she'll learn to move after having her left leg, right foot and both hands amputated.

Aimee Copeland, 24, a graduate student in psychology, was diagnosed with the infection after she suffered a deep cut on May 1.

Copeland's goal is to graduate from the University of West Georgia.

THE ASSOCIATED PRESS

## OK to own exotic pets

### Kangaroo escapes

Startled drivers weren't seeing things — it really was a kangaroo hopping down the highway in Washington state. Its owner tracked it down and caught it. He also has a zebra. The man lives in a part of the state where it's legal to own exotic pets. THE ASSOCIATED PRESS

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# Landmark verdict in church abuse case

Candace Conti says the abuse began when she was nine years old, distributing Bibles door to door with a fellow congregant, a hulking, loud man named Jonathan Kendrick.

It was the mid-1990s in Fremont, Calif. Conti's parents were having marital problems and her mother was sick and distracted. So the little girl found family in her tight-knit Jehovah's Witness congregation — and Kendrick found a victim.

For two years, Conti says, the man repeatedly molested her at religious gatherings, most frequently when she went out with Kendrick to proselytize. When he hugged her, she was afraid of being crushed.

"I was very scared," Conti, now 26, told Torstar News Service from California. She later learned she was not Kendrick's first victim and sued the Watchtower Bible and Tract Society of New York — the corporation that oversees the Jehovah's

Witnesses — alleging that church leaders, called elders, knew Kendrick had previously abused another girl and did nothing to protect her.

Her lawsuit alleged the church allowed her molestation and even had a policy, dating to 1989, that instructed elders to keep accusations of child sex abuse secret.

In a landmark ruling in mid-June, a California jury sided with Conti, ordering the Watchtower to pay nearly \$25 million

in damages and Kendrick to pay more than \$3 million.

"This was about telling the Watchtower ... that they gotta change. They're the last ones to be keeping this secret," said Rick Simons, Conti's lawyer.

While sex abuse cases involving the Catholic Church have had extensive public attention in recent years, Conti's case shines a spotlight on sexual abuse within Jehovah's Witnesses congregations.

**TORSTAR NEWS SERVICE**

## Congregation reaction

The Watchtower did not return a request for comment from Torstar News Service. But Jim McCabe, a lawyer for the organization, said in a statement following the Conti verdict that Jehovah's Witnesses "respectfully disagree with the jury's decision." "This is the first time that an organization was found responsible for the alleged

misdeeds of a member who held no position of leadership or authority," the statement said. "We are very sorry for whatever harm this young lady may have suffered. However, the organization is not responsible." Jehovah's Witnesses, it added, "abhor child abuse and strive to protect children from such acts."



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## Spain celebrates win

Spain's national soccer team celebrates with the UEFA Euro 2012 trophy on a double-decker bus during the squad's victory parade in Madrid, Monday. Spain beat Italy, 4-0, in the tournament final in Kiev, Ukraine, on Sunday. **PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES**

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## Exxon Valdez's final journey

The ship formerly known as the Exxon Valdez, pictured above anchored off India's western coast near the Alang ship-breaking yard in Gujarat on Saturday, may finally be able to sail off into the sunset. Now known as the Oriental Nicety, the ship has been given permission to enter India. India's Supreme Court had earlier banned the vessel that dumped more than 40 million litres of crude oil into Alaska's Prince William Sound in 1989 from entering the country for dismantling until it has been decontaminated. **THE ASSOCIATED PRESS**

### Luxury at sea

#### QE 2's new role

Dubai has settled on a use for the Queen Elizabeth 2 cruise liner it bought for \$100 million five years ago, with plans to turn it into a floating hotel fitted with many of the storied vessel's original furnishings.

The ship will remain in the city state's downtown Port Rashid facility to serve as a tourist magnet alongside a proposed maritime museum and an expanding cruise ship terminal complex, officials said Monday.

**THE ASSOCIATED PRESS**

### Market Minute



**DOLLAR**  
(Markets closed)

**Natural gas:** \$2,81 US (-1.7¢ US)  
**Dow Jones:** 12,871.39 (-8.7)



**TSX**  
(Markets closed)



**OIL**  
\$83.75 US (-\$1.21 US)



**GOLD**  
\$1,597.70 (-\$6.50)

# 'Robin Hood' tax scheme continues to gather support

## Taking from the rich.

Campaign calls for a tax on all stocks, bonds, derivatives and currency trades

### Innovative idea

The idea for the tax is based on Nobel Prize-winning American economist James Tobin's work, said Simon Chouffot, a spokesperson for the Robin Hood Tax campaign in the U.K.

- The idea was first popularized in the 1990s after the Asian financial crisis, Chouffot said.

- But after the financial crisis in 2008, which triggered a global recession, it really took hold among groups in Europe.

With actor Mark Ruffalo and Coldplay's Chris Martin recently publicly backing it, the Robin Hood Tax campaign is gaining steam.

The campaign began in the United Kingdom in 2009 and has seen a growing wave of support from grassroots organizations, activists, unions, politicians and economists in 14 countries, including Canada.

The campaign calls for the adoption of a financial transaction tax on all stocks, bonds, derivatives and currency trades. The tax would be set at between 0.5 and 0.005 per cent, depending on what's being

traded, explains Charles Idelson, a spokesperson for the U.S. campaign.

"We're calling for taxing banks and financial institutions that have caused the economic

crisis," Idelson said.

"This tax could raise hundreds of billions of dollars every year on the trades done in the U.S. alone."

The Canadian Federation of Nurses Union's campaign came out in support of the Robin Hood Tax earlier this year after their American counterpart adopted the idea following the 2008 financial crisis.

The nurses' union is hoping the federal government will take a look at implementing a Robin Hood Tax here as well, although so far the Harper government has said it wouldn't favour such a move.

The money could go a long way to improving the quality of life for many Canadians, said Linda Silas, president of the Canadian Federation of Nurses Union. Silas said that in the coming months more organizations will be asking for the tax in federal budget consultations.

**TORSTAR NEWS SERVICE**

## Airlines directed to offer more options

Passengers on Canada's major airlines will soon have more options when their flights are overbooked, delayed or cancelled.

The decision by the Canadian Transportation Agency affects Air Canada, WestJet and Air Transat.

It says passengers should be allowed to opt for a full refund and a free trip home if a cancellation or overbooking throws a wrench into their travel plans.

Until now, airlines have had discretion over whether to grant a refund or re-book passengers.

The agency also says that in certain cases carriers

must re-book passengers on the first available flight — even if that flight is with a competing airline.

The rulings are in response to complaints filed by Gábor Lukács, a Halifax resident, who has taken on the airline industry several times.

In a news release Thursday, the agency noted that in the past, when refunds were warranted, passengers were only reimbursed for the unused portion of their tickets.

The ruling makes it clear that passengers will be able to choose whether they are re-booked or get a full re-

fund.

If they no longer want to follow through with their travel plans because of a delay or cancellation, they are entitled to be flown home free of charge — within a "reasonable time frame" — and receive a full refund on their ticket.

The new regulations do not apply to disruptions caused by bad weather or security issues.

Lukács, 29, who used to teach at the University of Manitoba, has developed a reputation as a crusader for the rights of airline passengers.

**THE CANADIAN PRESS**

### Policy changes

The agency noted that WestJet and Air Transat have made changes to their policies that meet most of the updated passenger rights.

- It is directing Air Canada to change its rules on overbooking, cancelling and delaying flights. Air Canada has until Aug. 12 to comply.

- The three airlines have 30 days to appeal the new rules.

## Tacos. Hoax turns to feast

Residents of Bethel, Alaska, were ecstatic when they first heard a Taco Bell restaurant was opening in their small town.

The joy, however, turned into disappointment. The flyers announcing the chain's arrival was a hoax — the result, police say, of a feud between two residents.

But all was not lost — Taco Bell executives learned of the mix-up and arranged an enormous feast for Sunday. They planned to fly enough ingredients in from Anchorage to make 10,000 tacos.

**THE ASSOCIATED PRESS**

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# U.S.A. VERSUS THE LAND OF 'EH'



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

As a dual citizen of both Canada and America, the first week of July is a pretty festive time. I like to think that having two passports gives me the right to continue the patriotic celebra-

tions from Canada Day through to the Fourth of July.

Many American's don't really care too much about what goes on across the border, possibly because they're too busy chanting "U.S.A. No. 1" as they spoon-feed themselves ranch dressing. But when they do think about us Canadians, they're usually smirking.

The concept of "Canadian football" tends to elicit eye rolling, and Steve Martin famously mocked Toronto on an episode of 30 Rock as "New York without all the stuff in it."

## Duelling citizenship

**"But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities."**

And yes, the beaver is a pretty laughable national animal when compared to the far more majestic eagle and our coins sound like badly drawn cartoon characters. Loonie and toonie? Come on.

Our taxes are higher, our Netflix options are abysmal and our telecommunications

monopolies have a stranglehold on our mobile-dependent citizens with their high fees.

But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities.

Here are 10 of my favourite ways in which the Great White North kicks the Land of the Free's ass (sorry to brag, it's the American in me):

**1** Two words: American beer. Here in Canada, we generally don't like to dilute our beer with water. We also earn money when we recycle those bottles of stronger brew, so really, that's two points for Canada.

**2** Who cares what Microsoft Word has to say. Adding a "u" to words like "colour" and "favourite" is classier.

**3** In this bilingual country, it's entirely possible to teach yourself a new language just by reading a box of cereal

**4** Canada is a constitutional monarchy, which means our lame obsession with the British royal family is somewhat justified. What's your excuse America?

**5** Legalized same-sex marriage.

**6** Colour-coded money. Because why on earth would you make your one-dollar bill and your one-hundred-dollar bill look almost identical?

**7** Canadians were wearing plaid before it was ironic.

**8** Fact: Caesar > Bloody Marys.

**9** We have the most patriotic customer loyalty program: Canadian Tire money. Does Lowes have its own currency? Didn't think so.

**10** We invented the electric light bulb, basketball, the telephone, and the greatest guilty-pleasure snack of all time: A heavenly medley of cheese curds, gravy, fries. O Canada indeed.



# Dressed in their 'Nunday' best



BRENDAN LANDY/LANDYPHOTO.COM

## World record attempt

### Getting into the habit for a good cause

One town in southwest Ireland devoutly took a fun way to promote a serious cause. Listowel in County Kerry saw over 1,400 men, women and children dressed in black-and-white habits to break a Guinness world record for most 'nuns' in one place, an event to raise money for Pieta House, a suicide and self-harm crisis centre. **MWN**

## Numbers in B&W

**1,456**



The number of people dressed up as nuns that gathered in a Gaelic football field in Listowel on Saturday. They

smashed the previous record of 250 achieved at Pinewood Studios, Buckinghamshire, England. The organizing committee initially hoped only 500 would attend. Participants came from as far as Florida and New York.

## 'Nun' the worse for wear

- **Seeking release.** "Overall, 'Nunday' was a fun way to release emotions for those who have suffered," event organizer Cora O'Brien, who lost a teenage son to suicide five years ago, told Metro.

- **Dress code sacrosanct.** "We did have to reject a few participants," O'Brien admits. "The dress code had many stipulations, including a need for black-only shoes. The outfits were rigorously checked and people were ticketed as they entered the field."



Spirits, and legs, rise as 'nuns' gather to set a world record.

BRENDAN LANDY/LANDYPHOTO.COM

# 15-year-old wins big writing award for blog post about English assignment gone wrong

## News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

You've heard of Sylvia Plath? Andy Warhol? How about Feodor

Poukhovski-Sheremetiev? If you haven't yet, you will soon.

The 15-year-old Edmontonian is fresh from New York's famous Carnegie Hall, where he was presented with a silver medal in honour of his Scholastic Art and Writing Award.

The award itself dates back to 1923, with a roster of famous names attached to it, including past winners

Truman Capote, Robert Redford and Joyce Carol Oates.

And although he accepted the prestigious award in elite company, Feodor won in typical teenage fashion — with a blog he'd written about a homework assignment gone awry.

Feodor called the post, about an English assignment he'd turned into a joke, and which his teacher was none too impressed

with, his own brand of "absurdist humour."

You're never too young to start creating a legacy, absurd or otherwise.

**CRAIG AND MARC KIELBURGER**

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## 2

## SCENE

## Box office

## A teddy bear's picnic

It's both a bear and bull market for Hollywood. The bear is Ted, Mark Wahlberg and Seth MacFarlane's comedy about a talking teddy bear, which opened as the No. 1 movie with \$54.1 million, according to studio estimates Sunday. And the bulls are baring it in Magic Mike, Channing Tatum and Steven Soderbergh's male-stripper tale that debuted a strong No. 2 with \$39.2 million.

THE ASSOCIATED PRESS

## On the web



Whitney Houston gets tribute from mother at BET Awards; Kanye, Jay-Z, Beyoncé, Brown win two each



Anderson Cooper, normally reluctant to talk about his private life, has come out, saying "I do think visibility is important." TORSTAR ARCHIVE

## Cooper: 'I'm gay'

**Coming out.** CNN journalist says there's value in 'standing up and being counted' in Daily Beast essay

Anderson Cooper, who has been reluctant to talk about his personal life in public, revealed that he is gay in an essay posted online on Monday.

The CNN journalist said he had kept his sexual orientation private for personal and professional reasons, but came to think that remaining silent had given some people a mistaken impression that he was ashamed.

"The fact is, I'm gay, al-

ways have been, always will be, and I couldn't be any more happy, comfortable with myself and proud," he wrote in a letter to Andrew Sullivan of the Daily Beast.

Cooper, the son of Gloria Vanderbilt, had long been the subject of rumours about his sexual orientation. He said that in a perfect world, it wouldn't be anyone's business, but that there is value in "standing up and being counted."

"I still consider myself a reserved person and I hope this doesn't mean an end to a small amount of personal space," he wrote. "But I do think visibility is important, more important than preserving my reporter's shield of privacy."

THE ASSOCIATED PRESS

## Excerpt

The Daily Beast's Andrew Sullivan asked Anderson Cooper for his thoughts on the topic of the visibility of gay people and what it means for equality. Here's part of Anderson Cooper's response.

- "...I've begun to consider whether the unintended outcomes of maintaining my privacy outweigh personal and professional principle. It's become clear to me that by remaining silent on certain aspects of my personal life for so long, I have given some the mistaken impression that I am trying to hide

something — something that makes me uncomfortable, ashamed or even afraid. This is distressing because it is simply not true. I've also been reminded recently that while as a society we are moving toward greater inclusion and equality for all people, the tide of history only advances when people make themselves fully visible. ... The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself, and proud."

READ MORE AT THEDAILYBEST.COM

## Action

## The Amazing Spider-Man

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

It's only been five years since Spider-Man last soared across the silver screen. And that's perhaps this reboot's greatest flaw. Taking over for filmmaker Sam Raimi, relative newcomer Marc Webb largely restores the recognizable origin story about a kid bitten by a radioactive bug, who becomes a web-slinging superhero. In The Amazing Spider-Man however, Webb focuses on back story and succeeds with clever performances from a talented cast.

STEVE GOW

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Tue-Thu 12-3:10-6:15-9:30  
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## South Edmonton Common

Tue-Thu 11:30-12:10-2:40-3:20-5:50-6:30-9-9:40 3D Tue-Thu 12:50-4-7:10-10:20 Tue-Thu 1:30-4:40-7:50-11

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## Galaxy Cinemas Sherwood Park,

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## Leduc Cinemas

Tue 12:55-6:55 Wed-Thu 12:55 3D  
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Alex Pettyfer stars in *Magic Mike*. GETTY IMAGES

# Alex Pettyfer bares all

**Q & A.** Stripper movie lead talks awkward moments, getting psyched and Channing Tatum

NED  
EHRBAR

Metro World News in Los Angeles

Audiences are already familiar with Alex Pettyfer after a busy year in 2011 — he appeared in *I Am Number Four*, *Beastly* and *In Time* — but they're now able to see a lot more of him, to put it lightly, with the release of *Magic Mike*. Pettyfer stars as a newcomer to the world of male stripping taken under the wing of the titular Mike (Channing Tatum, who is also the inspiration for Pettyfer's character). Stripping may seem like a daunting gig, but it turns out baring all didn't bother him as much as learning to dance.

**How awkward have interviews for this film been?**

When you do a male stripper movie, they're going to ask you interesting questions. So you have to take everything and bite the bullet. Yes, I think the most frequently asked question is 'biggest wardrobe malfunction.' And I think the biggest wardrobe malfunction that you

have is that when you wear a thong and you have screaming girls, it can accidentally fly off. Thank God that didn't happen to me. It was during Matthew (McConaughey's) dance. It was kind of very funny.

**Once you've signed up for a role like this, clearly you know what you're in for. But how do you mentally psych yourself up for it?**

It's a very scary thought — one, to dance, as I've never danced before, and two, the fact that you're going to dance practically naked. You kind of just wrap your head around the fact that you've got to dive into it fully. And the fact that all the other guys are in the same boat as us, doing the same thing and — apart from Channing — not having the experience beforehand and having the experiences firsthand on the set, was also very calming.

**You're not playing Channing Tatum per se, but he is the basis for your character. Having him there must be ...**

A little awkward. (Laughs) It's a little awkward, yeah, because obviously he's a phenomenal dancer, for one, and you can't compete with that. And he's lived this life. But it actually really helped me, personally,

because the awkwardness and vulnerability of not having experienced what goes on in this world was actually what my character had to experience.

**You also had some enthusiastic extras on set for the dances.**

They were phenomenal. I wouldn't really call them actresses because I think they were very, very glad to be there. On most film sets with background, you have to be like, "Give more!" And with these guys, for 12 hours straight they were screaming. It just gave us the best energy. They did get out of hand. They got out of hand with Channing, and they 100 per cent got out of hand with Matthew, because that was not planned (when they rush the stage during his dance). I thankfully didn't have any run-ins with them.

**What was your least favorite dance routine costume?**

I mean, my favorite was my least favorite because it was the hardest thing to get off. I just wanted to get it off and go for it, which is kind of funny because the first time I stripped, I wanted to keep all my clothes on. But that's a character choice and how my character is. He eventually loves what he does. So I guess the cowboy outfit?



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OF AN **EPIC FRANCHISE.**

**"I CAN'T WAIT TO SEE IT AGAIN!"**  
MARLOW STERN  
**Newsweek**

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# Exile in movieville a nice change for Phair

## Music for the movies.

Liz Phair, who spent nearly three decades in rock 'n' roll world finds herself in Hollywood for the first time, penning a song for flick *People Like Us*

NED  
EHRBAR  
Metro World News in Los Angeles

Liz Phair might not be used to the luxuries of promoting a major motion picture. "Can I steal a water? I lost mine somewhere along the way," she asks, noticing a tray of drinks on a side table in a suite at the Four Seasons.

"This is so much easier than my normal life. I love this. Rock 'n' roll is, like, way worse," she confides.

"If I were doing any kind of stuff gearing up for a release, it would be like phoners to death, just on and on and on."

After nearly three decades in the rock world, Phair finds herself in Hollywood for the first time, penning *Dotted Line*, the closing track for Alex Kurtzman's *People Like Us*.

Writing for a movie was new territory for Phair —

## Quoted

"There are so many broken people in music, but they're doing something beautiful with that brokenness."

Liz Phair

and that's just how she likes it.

"I felt like I'd stumbled into something where I was out of my depth, which is my favorite thing," she says.

"I throw myself into the deep end of the pool all the time, but it's always scary."

Kurtzman approached Phair early on in the process.

"Alex called me in almost a year and half before it was finished," she says.

"He said that he'd been listening to my music when he was trying to write the character of Frankie (played by Elizabeth Banks, and that my rock persona helped him get into her. And damned if he didn't hit every one of my issues in the film."

Phair says seeing an earlier version of the movie at a Dreamworks screening room was a monumental event.

"I bawled my eyes out in a dark room with these two men who were completely unmoved — they were like, 'We should start this shot sooner,'" she says.

"Not like kind of weeping at the end of a nice movie, I mean like wracking sobs. And I'm repressing like you would a cough in the opera. I was terrified when they turned the lights on because I was out of tissues,

and they were going to turn around and be like, 'What the f— happened to her?'"

*People Like Us* follows two adults (Banks and Chris Pine) as they discover that they are half-siblings after their father,

a successful rock producer, passes away.

And that character, who looms over the story without actually being in it, is a familiar one to Phair.

"There are so many broken people in music, but they're doing something

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## New album. Chris Brown's latest mostly mediocre listening fare



Fortune is a follow-up to last year's Grammy winning F.A.M.E.

GETTY IMAGES

One of the best songs on new

Chris Brown's album is a soft number, *Don't Judge Me*, that finds him asking a girlfriend to look past his mistakes.

"So please don't judge me, because it can get ugly, before it gets beautiful," he sings in his signature semi-high pitch.

For another singer, such a tune might come off as just another relationship plea.

But coming from the bad boy singer whose career is nearly restored after his attack on Rihanna three years ago, it seems like a cry for understanding to the whole world and makes him sound vulnerable and appealing.

When Brown opens up, he's the best version of himself. Unfortunately, there aren't enough of those songs to make *Fortune*, the 23-year-old's fifth album, a must have (it's the follow up to last year's Grammy-winning *F.A.M.E.*).

The album veers from hip-hop flavoured party jams to electronic, pulsating tracks meant for laser light shows to more emotional fare.

## Check this track out:

- *Party Hard/Cadillac* is an amazing five-minute combination of two songs.
- It starts off groovy and bouncy before transitioning to an even better jam that features doo-wops, finger snaps and one of Brown's best vocal performances.

The album suffers from Brown's cocky rap-talk and the computerized noises that drown out today's dance songs.

One of the highlights is 4 Years Old.

Like *Don't Judge Me*, it is soft and slow, with Brown recalling his childhood, singing: "Feels like I'm 4 years old all over again, because I'm just running fast, I should be walking, saying when I grow up you gon' see, I'm gon' be comfortable and happy."

But most of the other tracks are mediocre, and those that stand out — like *Biggest Fan* and 2012 — suffer from the album's lack of flow and patchy feel. But production may also be the blame: The 14-track set is overloaded with too many producers and songwriters.

Sometimes *Fortune* feels like a mix tape.

THE ASSOCIATED PRESS

## Unessential listening

When Brown opens up, he's the best version of himself. Unfortunately, there aren't enough of those to make *Fortune*, the 23-year-old's fifth album, a must have.



Liz Phair GETTY IMAGES



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word

### So long to Scientology for Suri?

MONICA WEYMOUTH  
scene@metronews.ca

We all knew that when Tom Cruise and Katie Holmes divorced, it was going to be a weird one. What we didn't expect was that after five years, Katie would snap out of her dead-behind-the-eyes trance with so much fight left in her.

Before filing for divorce on Thursday, the actress had already rented a separate apartment for herself in New York. Although she does occasionally live in the city, it could have been a strategic move: She's requesting sole custody of six-year-old daughter Suri,

which is more likely to be granted in New York than Los Angeles, where joint custody is more popular.

"Katie's primary concern remains, as it always has been, her daughter's best interest," Holmes' lawyer said in a statement Friday.

The "best interest" part is, reportedly, a reference to the Church of Scientology, which Holmes doesn't want Suri raised in.

Although a high-profile member of the religion while with Cruise, Holmes is now afraid that she is considered a "threat" to the organization — similar to how Nicole Kidman was shunned after her divorce from Cruise — and is being followed around New York by church authorities, reports TMZ. It's all very creepy, for sure. But if Scientology wants to be respected as a real religion



in 2012, it's going to have to start doing much more

depraved stuff than stalking Katie Holmes.

## Kunis picks web winners for gal pals

You'll find Mila Kunis on online dating sites — but she's not looking for herself (rumour has it, she's canoodling with Ashton Kutcher). "I go on and I pick the guys for my friends," the star of Ted tells Glamour magazine, via Yahoo!'s omg blog. "It's online shopping! We all get together with our laptops and have a glass of wine. Then we message the guy.

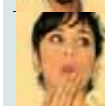
I'm just very honest and blunt." And she rewrites profiles, too: "I'm really good at 'About Me,'" she says. "I feel like I could never write anything about myself, because that's like a therapy session. But about your girlfriends? You just write what you love about your friends. If I didn't do what I do, I would do Internet dating instead of going out to bars."

## Twitter



@nickcannon

My wife is like Wonder Woman! Hours ago she was looking gorgeous on stage in LA and now she is back NY before breakfast. #NCRDIBLE



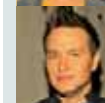
@SarahKSilverman

My niece was born w congenital jazz hands. (Fosse diseases)



@JudahWorldChamp

72 ounce steaks with mash potatoes and chili is my favorite snack food.



@markhoppus

Paris is a gorgeous city. Every time I'm here I just want to sit at a cafe, smoking coffee and eating cigarettes.



Tom Cruise ALL PHOTOS GETTY IMAGES

## 33 shades of bizarre: Cruise playing numbers game with nuptials?

The next dame Cruise decides to date might want to double-check her birth certificate.

The web was crazier than a Thetan gone mad this weekend over the impending divorce of Tom Cruise and Katie Holmes, but PerezHilton.com picked up on a particularly odd pattern in Tom Cruise's romantic history.

"All three of Tom Cruise's marriages have ended when the wives were 33.

He wed MiMi Rogers

in May of 1987, but they broke up in 1990... when she was 33.

Then he moved on with Nicole Kidman. They were happy for 10 years but guess what! They split when she was 33 too! And now, just a day after her divorce announcement, Katie Holmes has 33 years under her belt. Katie collects 3 million for each year of marriage, up to a maximum of 11 years, equaling \$33M (we're back to that 33 numerology again)."

## Matthew's thong song: 'It's a huge leap of faith'

The Hollywood Reporter scored some nice, thong-related quotes from the stars of Magic Mike, the male stripper movie that was hot at the U.S. box office this past weekend.

"It's a huge leap of faith to trust a thong," Matthew McConaughey told the publication. "It's your only protection up on stage. When I first tried it on, my body contorted. And I tried to get myself into every position to see what angles I was covering."

"Sometimes a thong completely betrays you," added Channing Tatum, who based the movie on his life. "(But) if everyone is dressed in a thong pretty much any conversation is going to be funny ... It's only weird if you make it weird."



Matthew McConaughey



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## LIFE

### Fitness pick

### Futuristic sports vests

Electric Foxy's Move vest is every fitness fanatics dream item of clothing. The new-age technology garment is designed to alleviate incorrect physical movement, promising optimal precision and positioning in sports such as yoga, pilates, golf and baseball, for which posture and fluidity of movement is key. How is this possible? The garment analyzes your movements and if you are doing them incorrectly, sends you real-time feedback – a subtle nudge – at the point where the adjustment is needed. Unfortunately, it's still at the prototype phase so until then, an old T-shirt will do. **METRO**

### On the Web



Addressing mental health issues key when treating obesity, experts say

# Have you got what it takes to be an Olympic athlete?

How can you know if you have what it takes to be an Olympic star if you've never tried? Metro talks to Dr. Marco Cardinale, head of sports science and research of the British Olympic Association, to find out why athletes are above average. **ROMINA MCGUINNIS**

## First, pair your body with sport

"There are 26 sports in the summer Olympics so there isn't a standard 'body type,'" says Cardinale. "Each sport suits a body. If you think about the differences between a boxer and a runner you realize how different bodies can be successful in sport. While this means that potentially everyone can become an Olympic athlete, it's not that easy. Olympians are the result of years of dedication to grueling training regimes combined with talent and the ability to learn and develop. Being tall does not guarantee you a place in the volleyball team, unless you have skill."

## Focus comes with a clear mind

"What separates Olympic athletes from the rest of us is their mind set and dedication. This requires hours of training and a deep desire to understand what it takes to win. Medal winners are the ones that learn faster and more than their opposition. You need to be determined to succeed, with an obsession for detail and improvement. It's a tough life. Athletes experience the highs of wins and the lows of losses as well as setbacks with injuries. You can't survive without the ability to deal with adversity and remain optimistic as success only comes after years of practice."

## Ouch: learn to stay injury-free

"Being fit for purpose reduces the risks of injury. A good control of training progression can help as most of the time an injury is the result of wrong training loading patterns that puts the body under too much stress. For us normal people not pursuing Olympic success, general fitness is a good way to avoid injuries..."

## Your stomach doesn't like junk

"Athletes should always watch what they eat in order to make sure their nutrition is appropriate for the demands of their sports, the training schedules and their body types. In weight category sports such as boxing or judo, where weight is an issue, athletes control their diets in order to make sure they can compete. In many other sports, nutrition is important not only to make sure body mass is appropriate for each athlete, but also to be able to improve performance by using appropriate timings of macro- and micro-nutrients intake."

## Calories in = calories out

"A balanced diet is the secret to a healthy lifestyle. Avoid the unnecessary intake of calories and control your intake of macro-nutrients. We live in a society exposed to carbohydrates and processed sugars, both of which we eat too much of. If someone is overweight, it's often the result of poor food choices in terms of quantity and quality. These are the kind of things to be mindful of. Diet is only part of the equation. Exercise is the most important."

### Athlete Q+A

Metro speaks to British artistic gymnast and Olympic hopeful, Louis Smith

**RICHARD PECKETT**

richard.peckett@metro.ca

### DEALING WITH STRESS

"You can't really control your nerves. You can prepare yourself to be in the best mental state. Nerves are what I thrive on. I love the adrenaline rush. I would get bored without it. On the other hand, when you're on the pommel horse, you shouldn't let the adrenaline affect you. If I'm nervous, I listen to reggae. Competitions can be very daunting. It's all down to those 50 seconds..."

### TRAINING SCHEDULE

"I wake up around 10:30 a.m. and then train from 12:30 to 3:30 p.m. I have a rest, and then I'm back in the gym at 5:30 till about 8 p.m."



### THREATS

"Everyone is a threat. I'll be looking out for people like Krisztian Berki from Hungary. If I wobble, the door opens to about 15 other people. If I had a clean routine there would be a few other people that would be in my league. My calmness when it comes to a competition is my forte. I stay focused whereas others can get a bit too hyped."

### LIFE AND LOVE

"Training for the Olympics is tough when you're young but you can't lose sight of what you're doing and why you're doing it. What I miss most is dating. I've been single for over a year and would like to find someone. But at the same time I wouldn't want a distraction during the Games."

### BODY MAINTENANCE

"It's pretty basic. In the morning, I'll have some porridge and some fruit. If I'm still hungry, some toast. For lunch it's carbohydrates and protein and for dinner, white meat (fish) and vegetables. The absolute no-no before the Games are takeaways and heavy nights out."

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# Delicious flavours of a Cobb Salad all healthily wrapped up



This recipe serves eight and takes less than 30 minutes to make. ROSE REISMAN



**ROSE REISMAN**  
for more, visit  
rosereisman.com

A Cobb Salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing.

I've lightened up this classic and tossed it into a wrap.

1. Lightly coat a nonstick grill pan with vegetable spray and set over medium heat. Grill chicken 4 mins. each side or until no longer pink. Cool slightly, then slice thinly.

2. Combine tomatoes, red pepper, avocado, black beans, green onions and parsley in bowl. Add lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix.

3. Spread one-half of each of the tortillas with some of

## Ingredients

- 8 oz skinless boneless chicken breasts (about 2)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 tbsp low-fat sour cream
- 1 tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

the mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400 F oven for 5 minutes until warm.) Cut in half and serve.

## Health Solutions

### Three small, sneaky super boosters



**NUTRI-BITES**  
Theresa Albert, DHN, RNCP  
myfriendinfood.com

At the speed of our lives, it is hard to get all of the nutrients you need. Everyone needs a few tricks up their sleeve to boost or better the food they choose.

In nutrition circles, "nutrient density" is the name of the game. It means that you should make every mouthful count by choosing unprocessed, fresh, raw vegetables and whole grains every single time. Who can do that?

Here is your cheat sheet of three foods that you can add to whatever you are eating and improve every bite.

#### Cocoa nibs

**Tastes like:**  
Bitter, crunchy chocolate chips

- Good for:**
- High in antioxidants
  - Contains potassium and magnesium (two nutrients often missing from pro-

cessed food)

**How to use:**  
Add to yogurt, baking, salads

#### Chia seeds

**Tastes like:**  
No taste, texture only

- Good for:**
- Excellent fibre (soluble and insoluble)
  - High in trace minerals

**How to use:**  
Add to smoothies, salads, soups, baked goods, sprinkle on convenience foods

#### Hemp seeds

**Tastes like:**  
Sunflower seeds

- Good for:**
- High in plant source protein
  - Contains good fat GLA needed to make hormones

**How to use:**  
Grind into a nut free "nut" spread and add to vegetarian dishes like lasagne, pasta.

**THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.**

# Asparagus and quinoa team up in light salad

1. In a medium saucepan, bring quinoa and 500 ml (2 cups) water to a boil; reduce heat to low, cover and simmer for 15 minutes until most of the water is absorbed. Remove from heat, cover and let stand for 5 minutes. Place in a serving bowl; let cool.

2. Meanwhile, place asparagus, sweet pepper and onion on a rimmed baking sheet;

## Ingredients

- 250 ml (1 cup) quinoa, rinsed
- 500 g (1 lb) asparagus, trimmed
- 1 greenhouse sweet pepper, seeded and quartered
- 1 large onion, cut into 1-cm (1/2-inch) thick slices
- 30 ml (2 tbsp) vegetable oil
- 1 can (540 ml/19 oz) chickpeas, drained and rinsed
- 125 ml (1/2 cup) chopped parsley
- 5 ml (1 tsp) grated orange rind
- 50 ml (1/4 cup) orange juice
- 15 ml (1 tbsp) liquid honey
- 15 ml (1 tbsp) each red wine vinegar and Dijon mustard
- 1 small clove garlic, minced
- 1 ml (1/4 tsp) each salt and pepper



This recipe makes six to eight servings. THE CANADIAN PRESS

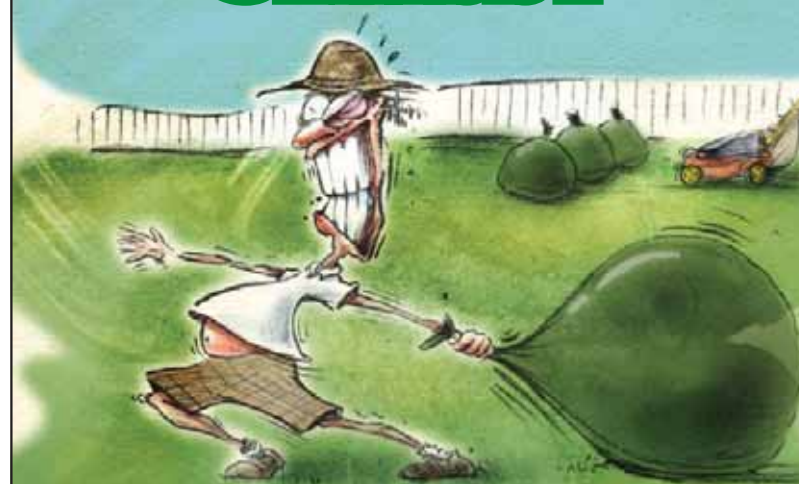
brush with 15 ml (1 tbsp) of the oil. Place vegetables directly on greased grill over medium-high heat; close lid and grill, turning occasionally, until tender-crisp and lightly marked, 5 to 10 minutes, transferring back to baking sheet as they are done. Let cool slightly. Cut into bite-size pieces, stir into quinoa along

with chickpeas and parsley.

3. In a small bowl, whisk together remaining oil, orange rind and juice, honey, vinegar, mustard, garlic, salt and pepper; pour over quinoa mixture and toss to coat. Serve at room temperature.

**THE CANADIAN PRESS/FOODLAND ONTARIO**

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Ready to hit the road? ISTOCK IMAGES

# Get outta your dreams, get into your used car

**Previously loved wheels.** Buying a second-hand vehicle can make a lot of sense — just make sure you do your homework first



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca  
Twitter: @alisonmoney

I'm a new car buyer and very faithful to my wheels. My family's last two cars, a Toyota Cressida and Tercel, lived to be 23 and 19 respectively. For me, buying new makes sense. My current vehicles, a 2007 Camry Hybrid, a wickedly wonderful lime-green, and a fire-engine-red 2011 Ford 150 EcoBoost will probably outlive me.

However, for many people, buying used is a better choice if for no other reason than cost.

If you're considering a previously loved vehicle turn to edmunds.com and its recently published annual guide to the best used cars.

N o t

long ago the winners came from the usual suspects, Toyota, Honda and Nissan. Now other Asian manufacturers like Hyundai and even American makers are making the list.

Edmunds.com ranks the vehicles according to reliability, longevity, crash test results, value and availability. The latter is important but not often considered by buyers. The more cars you have to choose from the better deal you can make and the more options you will have.

Here are some of the major category winners for the years 2005 to 2010:

## - Compact

### New to you

- **Second-hand vehicles in demand.** 65 per cent of all cars sold in Canada are used.

sedan: Hyundai Elantra  
-Mid-size sedan: Nissan Altima  
-Large sedan: Hyundai Azera  
-Wagon: Pontiac Vibe  
-Compact SUV/Crossover: Honda CR-V  
-Minivan/Van: Honda Odyssey  
-Compact Truck: Toyota Tacoma  
-Hybrid: Toyota Prius

You can find all the category results with notes about the models at [edmunds.com/car-reviews/best-used-cars.html](http://edmunds.com/car-reviews/best-used-cars.html).

Don't forget that while a used car might be cheaper than a new one, financing charges are often higher. If you have little or no

down payment then you could easily have higher monthly payments buying used.

Zero interest new car purchases are rarer than they were at the height of the recession, but financing charges on new cars are often two to four per cent less than on a used vehicle if you purchase through a dealer.

### Alison's money rule

**"Used cars can be better than new with a big down payment and a little research."**

The best strategy when buying used is to aim for at least 25 per cent down, finance with a personal or home equity line of credit and set the payments to discharge the debt in less than four years.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT [ALISONGRIFFITHS.CA](mailto:ALISONGRIFFITHS.CA) OR AT [GRIFFITHS.ALISON@GMAIL.COM](mailto:GRIFFITHS.ALISON@GMAIL.COM)

# When it comes to money, track it or lose it, baby



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca  
Twitter: @Lesleyscorgie

According to H&R Block and Canada Revenue Agency last week, most Canadians filed their taxes by April 30 and now have their refunds, which averaged \$1,600. Many will use it to save or pay off debt while others will blow it on fun and frivolous items or upcoming summer holidays.

Do you have a plan for your tax return? Have you written it down on Post-it notes, a spreadsheet, built a budget, or made mental notes?

Through Mint.com, tracking your money, including tax refunds, is about to get way easier; no more wading through piles of statements or sorting through overly complex budgeting templates.

After a quick five minute sign-up process, Mint.com securely pulls all your financial accounts, from multiple institutions, into one place. Using their proprietary software, your financial information is categorized into understandable buckets of data like savings, investments, mortgages, bills and more.

These categories can be analyzed and summarized so that you know what your total financial situation looks like at any given time; including your net worth.

Mint.com also makes budget-

ing a synch. It automatically calculates your average spending in any category which allows users to create a realistic budget that is based on historical spending.

Once your budget is established, you can set goals to reduce unnecessary spending and support your larger financial plans for retirement, family, career and education. The investment tracking piece of the website allows you to compare how your portfolio is performing relative to various benchmarks. Mint.com also offers free tips to help build your bottom line.

If there looks to be something suspicious happening in your account or if you're dangerously close to blowing your budget in a particular category, you'll be notified. You can set up customized notifications such as bill due date reminders or credit availability. These alerts allow you to avoid fees and protect your credit score.

One of my favourite parts about Mint.com is the summary of fees within your various accounts; ATM, account, brokerage, and investment fees. Fees can gobble up hundreds of dollars throughout the year and Mint.com can help you identify and reduce them.

If you're scared to fork over so much personal information, rest easy. I, too, was a sceptic. But, I'm now convinced that Mint.com's security







#### Take the reins

**"Tracking your financial progress and having financial goals is powerful and financially lucrative."**

system is as good as any major bank. Plus, it's essentially a "read-only" service so no one can move money in or out of your accounts.

The best part about Mint.com is that it's free. Plus, using your mobile app, you can track your money on the go.

Tracking your financial progress and having financial goals is powerful and financially lucrative.

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# How to know if you really 'click'

**Online dating.** Is he a keeper? Is she crazy? Learn to read between the lines of a carefully constructed profile



**SARA DIMERMAN**  
life@metronews.ca

I've found the perfect match. If Plenty Of Fish were to search its databank to find the perfect partner, it would no doubt find true love with Facebook.

To illustrate why, I'll paint a picture of an online dater — in this case scenario, a 20-something female in front of her computer screen conducting a search on one or more of her favourite Internet dating sites. She's searching by where he lives and his age. At least 50 profiles appear but she doesn't even bother reading them until she spots a look that appeals to her.

Then she reads his profile and if she's still interested, sends him a message. He writes back and after several days of back and forth messages, she moves in a little closer. At this point, she likely asks if he wants to Skype or if he has Facebook. Facebook, it turns out, is her screening tool. There's so much to learn from reading a potential lovers wall. If she's looking for a mature gentleman, she is totally turned off if he swears gratuitously or uses his wall to share half naked pictures of himself and his friends in a drunken stupor. On Facebook, she's able to read between the lines instead of just knowing him through polite online conversation.

So, here are some tips for anyone looking to meet a mate online:

## Post a picture

Even though it may seem shallow to only respond to people who have posted pictures of themselves, it appears suspicious if you don't. People

might wonder what you're trying to hide. Besides, when you're trying to meet someone through the Internet, visuals are key. Since beauty truly is in the eye of the beholder, there's opportunity for everyone to meet someone.

## Don't drag your feet

If you're serious about meeting someone online, expect to move fairly quickly from that first stroke on the keyboard to meeting in person. If you're still in the chatting online phase after weeks of first connecting, it's likely that the person you're talking to may lose interest and move on.

## Be prepared to share more than your name

Even before meeting, be prepared to move beyond chatting on your screen to chatting via Skype, for example, so that each of you can hear the others voice or see each other live. Also be prepared to share other information such as your Facebook page or other profiles.



Reeling one in: There are plenty of fish in the online dating sea. ISTOCK

## Be courteous

If you decide, after knowing more about someone, that you'd prefer not to continue talking, don't just stop. Share that you feel that you're not a great match after all, wish him or her well, and then move on. Same idea for after a first date even.

## Have an escape plan

When you do meet, do so in a public place that you're familiar with. If you're a student, meet close to your university or college. If you're working or at home, meet at the coffee shop in your building or close by. That way, you know where to

go or turn to if you feel vulnerable. Also, let a friend or family member know who you are meeting and where.

One dater shared that she had a friend contact her a half hour into each first meeting so that she had a way out if she wasn't comfortable or enjoying herself.

## No escaping who you really are

One of the great things about social media, Facebook and the Internet is that your date can't hide from who he or she really is. Chances are that if you have a bad reputation or treat people poorly, your potential

date will figure that out pretty quickly.

So, even if there are plenty of fish, if you're looking to catch a really good one, you may want to take a fresh look at what others are seeing, and think about whether you're attracting the kind of attention you had hoped for.

**SARA DIMERMAN IS REGISTERED WITH THE COLLEGE OF PSYCHOLOGISTS OF ONTARIO AND PROVIDES COUNSELLING TO INDIVIDUALS, COUPLES AND FAMILIES. SHE IS THE AUTHOR OF THREE BOOKS, INCLUDING HOW CAN I BE YOUR LOVER WHEN I'M TOO BUSY BEING YOUR MOTHER: THE ANSWER TO BECOMING PARTNERS AGAIN. VISIT HER WEBSITE AT HELPMESARA.COM**

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# Don't expect five-star service from a diner



Good service can make eating out a joy. ISTOCK



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

**Dear Charles the Butler, I'm very frustrated when I go out to eat in public restaurants and the service staff are poorly trained and often either don't know what they are doing or don't care. I feel that when I go out and spend my hard-earned money in a restaurant, that good service is part of the overall experience and the reason you go out to eat.**

## What do you think? Signed, Desperate for good service

Dear Desperate for good service,

I fully understand your desire for good service! In fact excellent service makes such an impression, that restaurateurs who have figured this out often do much better with their bottom line than restaurants who either don't train their staff properly or pay poor attention to this important detail. But I also think that there are different levels of service and that we

should set our expectations accordingly. I would expect to go to a fast food restaurant and experience pleasant, polite and efficient service but nothing else.

I expect a higher level of knowledge and service in a more expensive restaurant. For me poor service is the most annoying. I am especially annoyed by a waiter who thinks it's necessary to be my best friend while at the table. I have no desire to be their buddy and I just want them to serve the meal properly and allow me to enjoy the company of those I am dining with!



# Parise and Suter put signings on hold

**NHL.** Prized free agents play waiting game while Brodeur stays put in New Jersey

Zach Parise needed more than 24 hours to choose which hockey team to make happy.

"I'm getting closer but haven't made a decision," Parise told reporters Monday in Mississauga, Ont., accord-

ing to The Canadian Press. "I haven't set any deadlines."

New Jersey is hoping to keep Parise, who became a free agent Sunday when he didn't re-sign with the Devils. Pittsburgh, Detroit, Minnesota and Nashville are among the teams trying to lure him away from the only team he has played for in his NHL career.

The 27-year-old forward and 27-year-old defenceman Ryan Suter were the top play-

## American muscle

Parise, who is from Minnesota, and Suter, a native of Wisconsin, helped the U.S. win silver at the 2010 Olympics.

ers to hit the market. Suter, who also has played for only one team, the Nashville Predators, wanted more than a day to pick a place to play as well.

New Jersey did make a splash Monday morning, however, signing Martin Brodeur to a new two-year contract.

After testing free agency for the first time in his career, Brodeur, 40, earned a pact worth \$9 million US. More than likely, the goaltender will finish his career with the Devils.

A two-year deal worth a reported \$9 million was also signed by Olli Jokinen with the Winnipeg Jets. The 33-year-old made \$3 million last season

in Calgary, where he had a strong year with 23 goals and 61 points.

Meanwhile, the Montreal Canadiens locked up goaltender Carey Price for the next six years.

Price played 65 games for the Canadiens last season. The two-time all-star posted a 26-28-11 record with a 2.43 goals-against average, a .916 save percentage and four shutouts.

THE ASSOCIATED PRESS/  
THE CANADIAN PRESS



## Tour de France rolls through Belgium

The peloton rides through the countryside in Vise, Belgium, on Monday during Stage 2 of the 2012 Tour de France. Mark Cavendish led a bunch-sprint finish Monday to win the stage, while Fabian Cancellara retained the yellow jersey after the mostly flat ride. Victoria's Ryder Hesjedal finished 49th in the stage and remained 10th overall, 18 seconds behind Cancellara. DOUG PENSINGER/GETTY IMAGES

## Wimbledon. Sharapova overpowered by Lisicki

All at once, there was a frenzy of activity at a wet and windy All England Club early Monday afternoon.

Top-seeded and 2004 Wimbledon champion Maria Sharapova, a big hitter in her own right, was overpowered in a 6-4, 6-3 loss to No. 15 Sabine Lisicki. Four-time title winner Serena Williams was locked in a three-set tussle against a wild-card entry who is ranked 65th but is responsible for the only perfect set in women's professional tennis. Defending champion Petra Kvitová was trying to come back after dropping her opening set.

Yaroslava Shvedova gave



Maria Sharapova, above, lost to Sabine Lisicki 6-4, 6-3 on Monday. SANG TAN/THE ASSOCIATED PRESS

13-time major champion Williams all she could handle over the last two sets before losing 6-1, 2-6, 7-5. Williams will next face Kvitová, who came back to beat Francesca Schiavone 4-6, 7-5, 6-1. THE ASSOCIATED PRESS

## NHL

### Torres ban cut by four games

Seventy-six days after Raffi Torres concussed Marian Hossa and 46 days after he appealed the 25-game suspension that followed, the Phoenix Coyotes forward was awarded a reduced sentence.

NHL commissioner Gary Bettman deemed Torres' hit to be worth four less games than disciplinarian Brendan Shanahan after an appeal.

Torres already served 13 games of the suspension during the playoffs. He still has to sit out the coming pre-season as well as eight regular-season games.

THE CANADIAN PRESS

## Olympics. No repeat of 8 gold medals for Phelps

There won't be a Beijing repeat in London. Michael Phelps has dropped one of his eight Olympic races. Phelps' coach, Bob Bowman, announced Monday on the final day of the U.S. swimming trials that Phelps was scratching the 200-metre freestyle, leaving him with seven events at the London Games.

The decision removes the chance of Phelps matching the record eight gold medals he won in Beijing.

"It's so much smarter for me to do that," Phelps told The Associated Press. "We're not trying to recreate what happened in Beijing. It just

## Qualification

5

Phelps qualified in five individual events for London and is expected to swim all three relays. On Bowman's recommendation, he decided to focus on the 200 and 400 individual medley and the 100 and 200 butterfly.

makes sense."

Bowman said his main concern was Phelps being fresh for the 400 freestyle relay. While the U.S. has traditionally dominated that event, the Australians are favoured for London. THE ASSOCIATED PRESS

4

## SPORTS

### Rugby

## Busy year for Canada in Rugby sevens

A year away from the Rugby World Cup Sevens 2013 in Moscow and Canadian sevens boss Geraint John's datebook is already full. The Canadian men will gather next week in Victoria, ahead of an Aug. 10-12 selection camp in the B.C. capital and the North America/Caribbean qualifying tournament Aug. 25-26 in Ottawa. The region will send two teams to the 24-country men's half of the world sevens championship, with Canada and the U.S. favoured to go through. Canada and the Americans will also both be full participants in the expanded 10-team IRB World Series starting in the fall as world rugby starts the road to Olympic participation in 2016.

THE CANADIAN PRESS

### Mobile news



Twitter says its users fired off more than 15,000 tweets per second when Spain scored its fourth goal in Sunday's Euro 2012 final. Such records are constantly being set as fans increasingly use social media to connect during major sporting events. Scan the code for the story.



## MLB

## AMERICAN LEAGUE

| EAST DIVISION |    |    |      |    |
|---------------|----|----|------|----|
|               | W  | L  | Pct  | GB |
| New York      | 48 | 31 | .608 | —  |
| Baltimore     | 42 | 36 | .538 | 5½ |
| Boston        | 42 | 37 | .532 | 6  |
| Tampa Bay     | 42 | 38 | .525 | 6½ |
| Toronto       | 40 | 40 | .500 | 8½ |

| CENTRAL DIVISION |    |    |      |    |
|------------------|----|----|------|----|
|                  | W  | L  | Pct  | GB |
| Chicago          | 42 | 37 | .532 | —  |
| Cleveland        | 40 | 39 | .506 | 2  |
| Detroit          | 39 | 41 | .488 | 3½ |
| Kansas City      | 36 | 42 | .462 | 5½ |
| Minnesota        | 34 | 45 | .430 | 8  |

| WEST DIVISION |    |    |      |     |
|---------------|----|----|------|-----|
|               | W  | L  | Pct  | GB  |
| Texas         | 50 | 30 | .625 | —   |
| Los Angeles   | 45 | 35 | .563 | 5   |
| Oakland       | 38 | 42 | .475 | 12  |
| Seattle       | 34 | 47 | .420 | 16½ |

**Monday's results**  
L.A. Angels 3, Cleveland 0  
Minnesota 6, Detroit 4  
Kansas City 11, Toronto 3  
Tampa Bay 4, N.Y. Yankees 3  
Boston at Oakland  
Baltimore at Seattle

**Sunday's results**  
L.A. Angels 10 Toronto 6  
Boston 2 Seattle 1 (11 innings)  
Cleveland 6 Baltimore 2  
Detroit 5 Tampa Bay 3  
Minnesota 10 Kansas City 8  
N.Y. Yankees 4 Chicago White Sox 2  
Oakland 3 Texas 1

**Saturday's results**  
Toronto 11 L.A. Angels 2  
Cleveland 11 Baltimore 5  
Detroit 6, Tampa Bay 2  
Minnesota 7-5 Kansas City 2-1  
N.Y. Yankees 4 Chicago White Sox 0  
Seattle 3 Boston 2 (11 innings)  
Texas 7 Oakland 2

**Tuesday's games — All Times Eastern**  
L.A. Angels (Haren 6-7) at Cleveland (McAllister 2-1), 7:05 p.m.  
Minnesota (Blackburn 4-5) at Detroit (Scherzer 7-5), 7:05 p.m.  
Kansas City (Mazzaaro 3-2) at Toronto (Cecil 1-1), 7:07 p.m.  
N.Y. Yankees (Nova 9-2) at Tampa Bay (Shields 7-5), 7:10 p.m.  
Texas (Oswalt 2-0) at Chicago White Sox (Sale 9-2), 8:10 p.m.  
Boston (Lester 5-5) at Oakland (Undecided), 10:05 p.m.  
Baltimore (W.Chen 7-4) at Seattle (F.Hernandez 6-5), 10:10 p.m.

**Wednesday's games**  
N.Y. Yankees at Tampa Bay, 3:10 p.m.  
Boston at Oakland, 4:05 p.m.  
L.A. Angels at Cleveland, 4:05 p.m.  
Baltimore at Seattle, 4:10 p.m.  
Minnesota at Detroit, 7:05 p.m.  
Kansas City at Toronto, 7:07 p.m.  
Texas at Chicago White Sox, 7:10 p.m.

**Thursday's games**  
L.A. Angels at Tampa Bay, 3:10 p.m.  
Boston at Oakland, 4:05 p.m.  
L.A. Angels at Cleveland, 4:05 p.m.  
Baltimore at Seattle, 4:10 p.m.  
Minnesota at Detroit, 7:05 p.m.  
Kansas City at Toronto, 7:07 p.m.  
Texas at Chicago White Sox, 7:10 p.m.

**Friday's games**  
L.A. Angels at Tampa Bay, 3:10 p.m.  
Boston at Oakland, 4:05 p.m.  
L.A. Angels at Cleveland, 4:05 p.m.  
Baltimore at Seattle, 4:10 p.m.  
Minnesota at Detroit, 7:05 p.m.  
Kansas City at Toronto, 7:07 p.m.  
Texas at Chicago White Sox, 7:10 p.m.

**Saturday's games**  
L.A. Angels at Tampa Bay, 3:10 p.m.  
Boston at Oakland, 4:05 p.m.  
L.A. Angels at Cleveland, 4:05 p.m.  
Baltimore at Seattle, 4:10 p.m.  
Minnesota at Detroit, 7:05 p.m.  
Kansas City at Toronto, 7:07 p.m.  
Texas at Chicago White Sox, 7:10 p.m.

**Sunday's games**  
L.A. Angels at Tampa Bay, 3:10 p.m.  
Boston at Oakland, 4:05 p.m.  
L.A. Angels at Cleveland, 4:05 p.m.  
Baltimore at Seattle, 4:10 p.m.  
Minnesota at Detroit, 7:05 p.m.  
Kansas City at Toronto, 7:07 p.m.  
Texas at Chicago White Sox, 7:10 p.m.

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Baltimore at Seattle, 4:10 p.m.  
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Minnesota at Detroit, 7:05 p.m.  
Kansas City at Toronto, 7:07 p.m.  
Texas at Chicago White Sox, 7:10 p.m.

## NATIONAL LEAGUE

| EAST DIVISION |    |    |      |    |
|---------------|----|----|------|----|
|               | W  | L  | Pct  | GB |
| Washington    | 45 | 32 | .584 | —  |
| New York      | 43 | 37 | .538 | 3½ |
| Atlanta       | 41 | 38 | .519 | 5  |
| Miami         | 38 | 41 | .481 | 8  |
| Philadelphia  | 36 | 45 | .444 | 11 |

| CENTRAL DIVISION |    |    |      |     |
|------------------|----|----|------|-----|
|                  | W  | L  | Pct  | GB  |
| Cincinnati       | 43 | 35 | .551 | —   |
| Pittsburgh       | 43 | 36 | .544 | ½   |
| St. Louis        | 42 | 38 | .525 | 2   |
| Milwaukee        | 37 | 42 | .468 | 6½  |
| Houston          | 32 | 48 | .400 | 12  |
| Chicago          | 30 | 49 | .380 | 13½ |

| WEST DIVISION |    |    |      |     |
|---------------|----|----|------|-----|
|               | W  | L  | Pct  | GB  |
| San Francisco | 45 | 35 | .563 | —   |
| Los Angeles   | 44 | 36 | .550 | 1   |
| Arizona       | 39 | 39 | .500 | 5   |
| Colorado      | 30 | 49 | .380 | 14½ |
| San Diego     | 30 | 50 | .375 | 15  |

**Monday's results**  
Pittsburgh 11, Houston 2  
Chicago Cubs 4, Atlanta 1  
Milwaukee 6, Miami 5  
St. Louis 9, Colorado 3  
San Diego at Arizona  
Cincinnati at L.A. Dodgers

**Sunday's results**  
Chicago Cubs 3 Houston 0  
L.A. Dodgers 8 N.Y. Mets 3  
Miami 5 Philadelphia 2  
Milwaukee 2 Arizona 1  
San Diego 2 Colorado 0  
San Francisco 4 Cincinnati 3  
St. Louis 5 Pittsburgh 4  
Washington 8 Atlanta 4

**Saturday's results**  
Atlanta 7 Washington 5  
Chicago Cubs 3 Houston 2  
Cincinnati 2 San Francisco 1  
Miami 3 Philadelphia 2  
Milwaukee 10 Arizona 2  
N.Y. Mets 5 L.A. Dodgers 0  
Pittsburgh 7 St. Louis 3  
San Diego 8 Colorado 4

**Tuesday's Games — All Times Eastern**  
Miami (A.Sanchez 4-6) at Milwaukee (Estrada 0-3), 4:10 p.m.  
San Francisco (Lincecum 3-8) at Washington (Zimmermann 4-6), 6:35 p.m.  
Houston (Harrell 7-6) at Pittsburgh (Burnett 9-2), 7:05 p.m.  
Chicago Cubs (Volstad 0-6) at Atlanta (Jurjens 1-2), 7:10 p.m.  
Philadelphia (Worley 4-4) at N.Y. Mets (Niese 6-3), 7:10 p.m.  
Colorado (Francis 1-1) at St. Louis (J.Kelly 1-0), 8:15 p.m.  
San Diego (Cassner 3-3) at Arizona (Bauer 0-0), 9:40 p.m.  
Cincinnati (Cueto 9-4) at L.A. Dodgers (Capuano 9-3), 10:10 p.m.

**Wednesday's games**  
San Francisco at Washington, 11:05 a.m.  
Philadelphia at N.Y. Mets, 1:10 p.m.  
Houston at Pittsburgh, 1:35 p.m.  
Miami at Milwaukee, 4:10 p.m.  
Chicago Cubs at Atlanta, 7:10 p.m.  
Colorado at St. Louis, 7:15 p.m.  
Cincinnati at L.A. Dodgers, 9:10 p.m.  
San Diego at Arizona, 9:40 p.m.

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San Diego at Arizona, 9:40 p.m.

## ROYALS 11, BLUE JAYS 3

| Kansas City | ab | r | h | bi | Toronto    | ab | r | h | bi |
|-------------|----|---|---|----|------------|----|---|---|----|
| AGord Jr    | 5  | 0 | 2 | 1  | Lawrie 3b  | 4  | 1 | 1 | 0  |
| AEscor ss   | 4  | 1 | 1 | 0  | Rasmus cf  | 4  | 1 | 1 | 1  |
| Hosmer 1b   | 4  | 2 | 2 | 0  | Bautist rf | 3  | 1 | 2 | 1  |
| Butler dh   | 4  | 1 | 0 | 0  | Encnc dh   | 3  | 0 | 1 | 0  |
| YBtncr 2b   | 5  | 2 | 2 | 2  | YEscor ss  | 4  | 0 | 0 | 1  |
| Moskos 3b   | 5  | 1 | 2 | 5  | KJhnsn 2b  | 3  | 0 | 0 | 0  |
| Franc Jr    | 4  | 1 | 0 | 0  | RDavis lf  | 4  | 0 | 1 | 0  |
| S.Perez c   | 4  | 2 | 2 | 2  | Lind 1b    | 4  | 0 | 0 | 0  |
| Bourgs cf   | 3  | 1 | 3 | 0  | Arenci c   | 3  | 0 | 0 | 0  |
| Dyson ph-cf | 1  | 0 | 0 | 0  |            |    |   |   |    |

|               |           |           |           |           |               |           |          |          |          |
|---------------|-----------|-----------|-----------|-----------|---------------|-----------|----------|----------|----------|
| <b>Totals</b> | <b>39</b> | <b>11</b> | <b>14</b> | <b>10</b> | <b>Totals</b> | <b>32</b> | <b>3</b> | <b>6</b> | <b>3</b> |
|---------------|-----------|-----------|-----------|-----------|---------------|-----------|----------|----------|----------|

| Kansas City | 022 | 200 | 500 | 11 |
|-------------|-----|-----|-----|----|
| Toronto     | 011 | 010 | 000 | 3  |

DP—Kansas City 1, Toronto 1. LOB—Kansas City 5, Toronto 5. 2B—Hosmer (14), Y.Betancourt (9), Moustakas (18), Bourgeois (2), Lawrie (16). HR—Moustakas (14), S.Perez (3), Rasmus (16), Bautista (27). CS—Bourgeois (3).

|              | IP | H | R | ER | BB | SO |
|--------------|----|---|---|----|----|----|
| Kansas City  |    |   |   |    |    |    |
| Teaford WJ-1 | 7  | 5 | 3 | 3  | 2  | 2  |
| K.Herrera    | 1  | 1 | 0 | 0  | 0  | 1  |
| Collins      | 1  | 0 | 0 | 0  | 0  | 1  |

| Toronto       | IP | H  | R | ER | BB | SO |
|---------------|----|----|---|----|----|----|
| R.Romero L8-3 | 6  | 11 | 8 | 8  | 3  | 4  |
| Pauley        | 3  | 3  | 3 | 3  | 0  | 1  |

R.Romero pitched to 2 batters in the 7th. HBP—by Teaford (Encarnacion), by Pauley (Butler). WP—R.Romero. Umpires—Home, Mark Carlson; First, Angel Hernandez; Second, Chris Conroy; Third, Ed Hickox.

T—2:36. A—17,127 (49,260).

**CYCLING**  
**TOUR DE FRANCE**  
At Seraing, Belgium  
Leading results Monday from the second stage of the Tour de France, a 207.5-kilometre ride from Vise to Tournai with one easy climb midway:

1. Mark Cavendish, Britain, Sky Procycling, four hours, 56 minutes, 59 seconds; 2. Andre Griepel, Germany, Lotto Bissolati, same time; 3. Matthew Harley Goss, Australia, Orica GreenEdge, same time; 4. Tom Veelers, Netherlands, Argos-Shimano, same time; 5. Alessandro Petacchi, Italy, Lampre-ISD, same time; 6. Peter Sagan, Slovakia, Liquigas-Cannondale, same time; 7. Yauheni Hutarovich, Belarus, FDJ-Big Mat, same time; 8. Juan Jose Haedo, Argentina, Team Saxo Bank-Tinkoff, same time; 9. Mark Renshaw, Australia, Rabobank, same time; 10. Tyler Farrar, U.S., Garmin-Sharp-Barracuda, same time.

11. Jose Joaquin Rojas, Spain, Movistar, same time; 12. Sebastian Hinault, France, France, AG2R La Mondiale, same time; 13. Peter Velits, Slovakia, Omega Pharma-QuickStep, same time; 14. Kenny Robert van Hummel, Netherlands, Vacansoleil-DCM, same time; 15. Yukiya Arashiro, Japan, Team Europcar, same time; 16. Oscar Freire, Spain, Katusha, same time; 17. Borut Bozic, Slovenia, Astana, same time; 18. Bernhard Eisel, Austria, Sky Procycling, same time; 19. Edvald Boasson Hagen, Norway, Sky Procycling, same time; 20. Koen de Kort, Netherlands, Argos-Shimano, same time.

**PGA FEDEXCUP STANDINGS**  
Through July 1  
(all figures in U.S. dollars)

| Points—Money YTD                      |
|---------------------------------------|
| 1. Tiger Woods 1,952—\$4,220,398      |
| 2. Jason Dufner 1,849—\$4,077,013     |
| 3. Hunter Mahan 1,654—\$3,582,212     |
| 4. Bubba Watson 1,617—\$3,732,778     |
| 5. Matt Kuchar 1,423—\$3,325,352      |
| 6. Zach Johnson 1,420—\$3,084,941     |
| 7. Rory McIlroy 1,372—\$3,164,700     |
| 8. Phil Mickelson 1,313—\$2,857,371   |
| 9. Webb Simpson 1,298—\$2,771,722     |
| 10. Carl Pettersson 1,258—\$2,459,113 |
| 11. Rickie Fowler 1,197—\$2,731,569   |
| 12. Justin Rose 1,169—\$2,636,250     |
| 13. John Watson 1,142—\$2,107,868     |
| 14. Luke Donald 1,070—\$2,299,506     |
| 15. Kyle Stanley 1,038—\$2,093,946    |
| 16. John Huh 1,034—\$2,211,080        |
| 17. Jim Furyk 965—\$1,970,840         |
| 18. Bo Van Pelt 964—\$2,128,122       |
| 19. Mark Wilson 940—\$1,953,639       |
| 20. Marc Leishman 936—\$1,772,307     |
| 21. Dustin Johnson 923—\$1,836,152    |
| 22. Bill Haas 922—\$1,887,862         |
| 23. Ben Curtis 920—\$2,185,924        |
| 24. Keegan Bradley 915—\$1,764,635    |
| 25. Steve Stricker 911—\$1,862,017    |
| 26. Martin Laird 910—\$2,028,834      |
| 27. Brandt Snedeker 888—\$1,757,814   |
| 28. Robert Garrigus 818—\$1,585,776   |
| 29. Graeme McDowell 812—\$1,827,484   |
| 30. Ernie Els 802—\$1,644,658         |
| 31. Ben Crane 793—\$1,567,148         |
| 32. Kevin Na 779—\$1,690,805          |
| 33. Charlie Wi 727—\$1,284,669        |
| 34. John Rollins 719—\$1,420,187      |
| 35. Ryan Palmer 697—\$1,277,512       |
| 36. Spencer Levin 695—\$1,240,911     |
| 37. Lee Westwood 690—\$1,692,789      |
| 38. Louis Oosthuizen 690—\$1,549,652  |
| 39. Brian Davis 673—\$1,193,320       |
| 40. D.A. Points 662—\$1,345,313       |

|   |
|---|
| <b>103. David Hearn</b> 350—\$585,355   |
| <b>110. Graham Delaet</b> 323—\$554,670 |
| <b>164. Stephen Ames</b> 142—\$183,236  |

|   |
|---|
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## GOLF

## PGA FEDEXCUP STANDINGS

| Points—Money YTD                      |
|---------------------------------------|
| 1. Tiger Woods 1,952—\$4,220,398      |
| 2. Jason Dufner 1,849—\$4,077,013     |
| 3. Hunter Mahan 1,654—\$3,582,212     |
| 4. Bubba Watson 1,617—\$3,732,778     |
| 5. Matt Kuchar 1,423—\$3,325,352      |
| 6. Zach Johnson 1,420—\$3,084,941     |
| 7. Rory McIlroy 1,372—\$3,164,700     |
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| 9. Webb Simpson 1,298—\$2,771,722     |
| 10. Carl Pettersson 1,258—\$2,459,113 |
| 11. Rickie Fowler 1,197—\$2,731,569   |
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| 24. Keegan Bradley 915—\$1,764,635    |
| 25. Steve Stricker 911—\$1,862,017    |
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| 27. Brandt Snedeker 888—\$1,757,814   |
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| 29. Graeme McDowell 812—\$1,827,484   |
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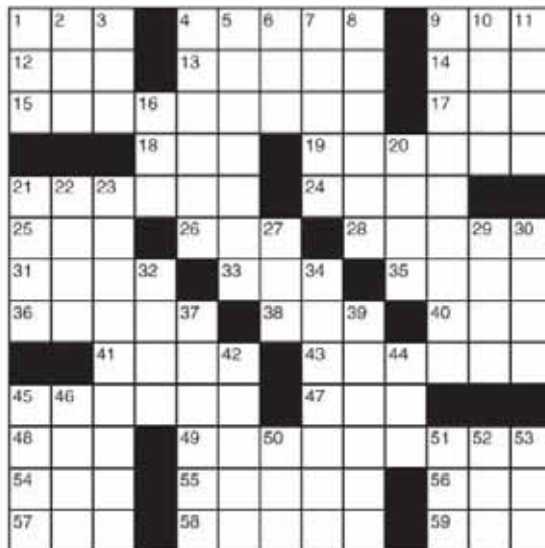


## Across

- 1 Take the prize
- 4 Conversations
- 9 Gear tooth
- 12 Hubbub
- 13 Embankment
- 14 Mine matter
- 15 Obese
- 17 Hastened
- 18 Choice (Abbr.)
- 19 Fastener shot from a gun
- 21 On top of the world?
- 24 Ticklish Muppet
- 25 Bill and —
- 26 Kvetch
- 28 Bizarre
- 31 Throw hard
- 33 Pitch
- 35 Red-tag event
- 36 Washington Nationals, once
- 38 Jewel
- 40 Aviv preceder
- 41 Curved molding
- 43 Antics
- 45 Seoul man?
- 47 Call-day link
- 48 Lawyers' org.
- 49 Blood cell
- 54 Up to
- 55 Yellow-brown color
- 56 Plead
- 57 41-Across' shape

## Down

- 1 Servewoman
- 2 — not choose to run
- 3 Neither partner
- 4 Tip off
- 5 Witch
- 6 St.
- 7 Nervous
- 8 Make a compromise
- 9 Related to big business
- 10 Verbal
- 11 Kelly or Hackman
- 16 Calif. winter hrs.
- 20 Iowa city
- 21 Liniment target
- 22 Sauce thickener
- 23 Sarges' subordinates
- 27 Joke
- 29 Robert of "The Sopranos"
- 30 Morays
- 32 Theater box
- 34 Cookbook collection
- 37 Dugong
- 39 Ripen
- 42 Tennyson's — Arden



- 44 Faux —
- 45 Shakespeare's shrew
- 46 Kimono sashes
- 50 Pi follower

- 51 Couric's network
- 52 Meadow
- 53 Early bird?



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 6 | 7 | 2 | 4 | 8 | 9 | 5 | 3 | 1 |
| 1 | 5 | 9 | 7 | 3 | 2 | 8 | 6 | 4 |
| 8 | 4 | 3 | 1 | 5 | 6 | 7 | 9 | 2 |
| 2 | 8 | 1 | 5 | 4 | 3 | 6 | 7 | 9 |
| 7 | 3 | 5 | 9 | 6 | 1 | 4 | 2 | 8 |
| 4 | 9 | 6 | 2 | 7 | 8 | 3 | 1 | 5 |
| 3 | 1 | 8 | 9 | 4 | 2 | 5 | 7 | 6 |
| 9 | 6 | 7 | 8 | 2 | 5 | 1 | 4 | 3 |
| 5 | 2 | 4 | 3 | 1 | 7 | 9 | 8 | 6 |

## Friday's Crossword



## Cryptoquip

## How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SNKV ZEAK JYKGEQKVP FFYCV  
IKAFXX NHVLYD, DCH XELNP  
GHIJCGK NEG MFZCYEPK  
MCCQ SFG F IHYY EPC  
Yesterday's Cryptoquip: WHEN PEOPLE HAVE  
TO TRIM DOWN A FEW ENVELOPES, COULD  
THEY USE A PAIR OF MAIL CLIPPERS?  
Today's Cryptoquip Clue: F equals A



For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

## Weather

### TODAY



MAX: 20°  
MIN: 12°

### WEDNESDAY



MAX: 19°  
MIN: 10°

### THURSDAY



MAX: 23°  
MIN: 6°



## MICHELE MCDUGALL

### WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**

## Horoscope

### ♈ Aries | March 21 - April 20.

You need to be more emotionally open with those you live, work and do business with, but not so open that you reveal all your secrets.

### ♉ Taurus | April 21 - May 21.

The amount of time and effort that has gone into your attempts to change a habit could have been used for more productive ends.

### ♊ Gemini | May 22 - June 20.

Mars, planet of ego and energy, moves into the most dynamic area of your chart today and soon you will be feeling on top of the world again — which is where you belong.

### ♋ Cancer | June 21 - July 22.

Today's cosmic activity urges you to put negative thoughts behind you and believe that your life is everything it could be and more. Positive thinking is a powerful force.

### ♌ Leo | July 23 - Aug. 22.

The next few days will be extremely busy for you, especially socially where you will be in demand like never before.

### ♍ Virgo | Aug. 23 - Sept. 22.

As Mars moves out of your birth sign today your confidence may dip a little, but it's no big deal. Focus on what you own and are earning.

### ♎ Libra | Sept. 23 - Oct. 22.

Mars, the planet that makes things happen, joins Saturn, the planet that stops things from happening, in your birth sign today. But that's OK. You'll find ways to make the combo work.

### ♏ Scorpio | Oct. 23 - Nov. 21.

Some kind of hidden knowledge is about to be revealed to you and if you use it wisely, your existence may well be transformed. There is more to life than meets the eye. Use your inner eye to see with today.

### ♐ Sagittarius | Nov. 22 - Dec. 21.

Group activities will be a lot of fun today and if you play your cards right you will impress some important people too.

### ♑ Capricorn | Dec. 22 - Jan. 20.

New opportunities in your work or career are about to arrive. How you use them is up to you but use them you must. It's a chance to move up.

### ♒ Aquarius | Jan. 21 - Feb. 18.

The past few weeks have been tough but with Mars moving in your favour, better times are about to begin. If you get the chance to travel, take it.

### ♓ Pisces | Feb. 19 - March 20.

Don't let minor setbacks worry you because overall your prospects are amazingly good. Where joint business issues are concerned you must be more willing to take a risk.

SALLY BROMPTON



## Caption Contest

"Rare ... well done .... and cordon bleu?"  
David

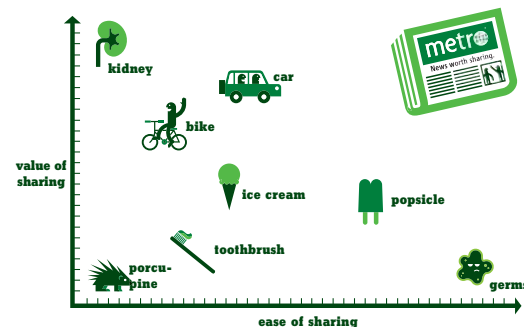
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## Win!



## You write it!

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### The Schedule:

|   |  |
|---|--|
| July 9 <sup>th</sup> -13 <sup>th</sup>  | Aug 13 <sup>th</sup> -17 <sup>th</sup> |
| July 16 <sup>th</sup> -20 <sup>th</sup> | Aug 20 <sup>th</sup> -24 <sup>th</sup> |

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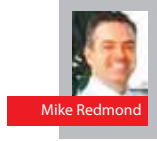
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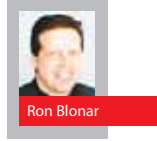
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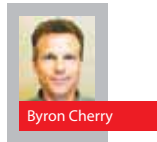
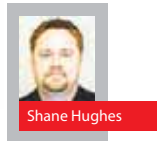
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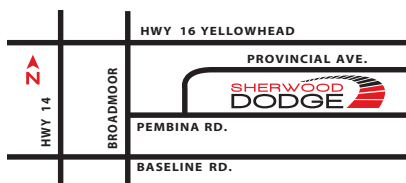
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**SALES HOURS:**  
Mon Thurs. 9am-9pm;  
Fri. 9am-6pm; Sat. 9am-6pm;  
Sun. 11am-4pm